

Dahiya S, Banerjee DN. Complementary and alternative medicine: what is it good for?. *Bull. Pharm. Res.* 2016;6(3):83-92.

**Abstract:** Today the plant based medicines are being used globally as home remedies and offering a broad spectrum of activity since ancient times. In the contemporary times, we all know that chemical medications for therapeutic cures have become more and more available in the market. In fact, the pharmaceutical business is regarded as one of the most booming industries in the world, with a high growth capability year on year. Against this, we have also overheard about the herbal remedies used as medications, as suggested by the elders in the family for a variety of common ailments. Present article reports that the huge acceptance and popularity that the modern complementary and alternative medicine (CAM) has gained currently; is originally the rebirth of old health care system and can be explored by expanding the frontiers of the ancient medicine system.

**Key words:** Complementary medicine, Alternative medicine, Ancient health care system, Health benefit.

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